

Choose **MyPlate**.gov



Healthy Teens. Healthy Lives.

Create Your Own Plate!

Name _____

Directions:

- Go to <http://www.choosemyplate.gov/>
- Click on the "SuperTracker & Other Tools" tab
- Click on the "Daily Food Plan." Then click on the "Daily Food Plan" link.
- Enter in your age, gender, weight, height, and activity level into the provides spaces and click "submit."
- You will now have your personal Daily Food Plan. Use the information provided to complete the information below. To find examples of foods within a particular food group, click on the food group name located in the first column of the Daily Food Plan chart.

Food Group Name: _____

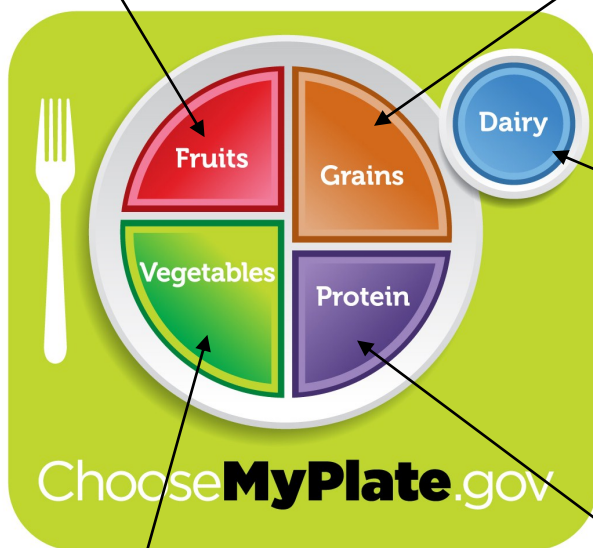
Amount I Need: _____

Food Examples: _____

Food Group Name: _____

Amount I Need: _____

Food Examples: _____



Food Group Name: _____

Amount I Need: _____

Food Examples: _____

Food Group Name: _____

Amount I Need: _____

Food Examples: _____

Food Group Name: _____

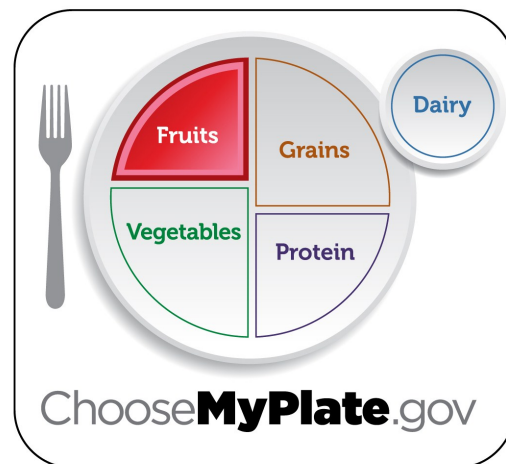
Amount I Need: _____

Food Examples: _____

Focus On Fruits!

Directions:

- Go to <http://www.choosemyplate.gov/>
- Click on the "MyPlate" tab
- Click on "Fruits"
- Click on "What Counts as a Cup?"
- Click on "See the chart"
- Another screen will pop up listing different fruits and what size of that fruit counts as a cup.
- Write down five fruits below and the amount that counts as a cup.



1. _____
2. _____
3. _____
4. _____
5. _____



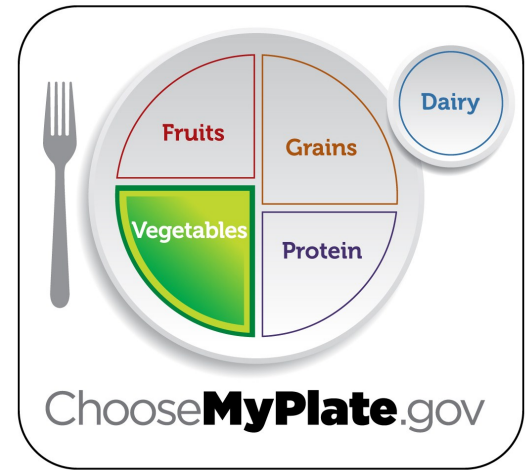
- Now click on "Tips to Help You Eat Fruits"
- Read through the list and write down five of your favorite ways to include more fruits each day.

1. _____
2. _____
3. _____
4. _____
5. _____

Vary Your Veggies!

Directions:

- Go to <http://www.choosemyplate.gov/>
- Click on the "MyPlate" tab
- Click on "Vegetables"
- Click on "What Counts as a Cup?"
- Click on "See the chart"
- Another screen will pop up listing different vegetables and what size of that vegetable counts as a cup.
- Write down five vegetables below and the amount that counts as a cup.



1. _____
2. _____
3. _____
4. _____
5. _____

- Now click on "Tips to Help You Eat Vegetables"
- Read through the list and write down five of your favorite ways to include more vegetables each day.

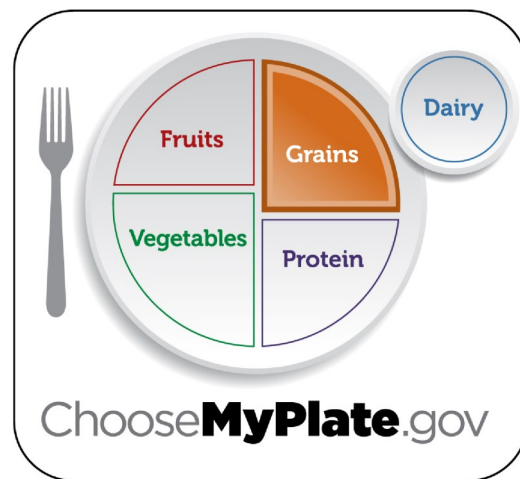


1. _____
2. _____
3. _____
4. _____
5. _____

Make Half Your Grains Whole

Directions:

- Go to <http://www.choosemyplate.gov/>
- Click on the "MyPlate" tab
- Click on "Grains"
- Click on "What Counts as an Ounce?"
- Click on "See the chart"
- Another screen will pop up listing different grains and what size of that grain counts as an ounce.
- Write down five grains below and the amount that counts as an ounce.



1. _____
2. _____
3. _____
4. _____
5. _____



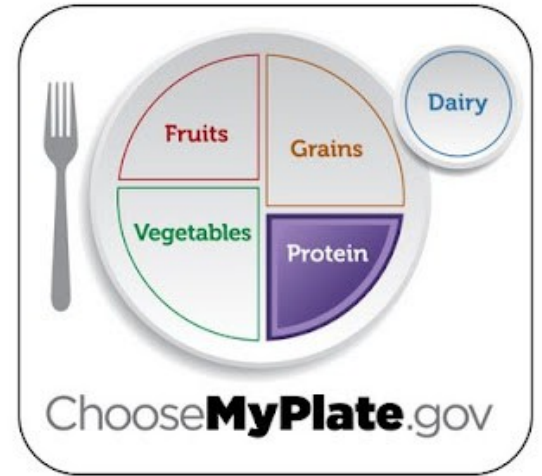
- Now click on "Tips to Help You Eat Whole Grains"
- Read through the list and write down five of your favorite ways to include more whole grains each day.

1. _____
2. _____
3. _____
4. _____
5. _____

Go Lean With Protein

Directions:

- Go to <http://www.choosemyplate.gov/>
- Click on the "MyPlate" tab
- Click on "Protein"
- Click on "What Counts as an Ounce?"
- Click on "See the chart"
- Another screen will pop up listing different protein foods and what size of that food counts as an ounce.
- Write down five protein foods and the amount that counts as an ounce below.



1. _____
2. _____
3. _____
4. _____
5. _____



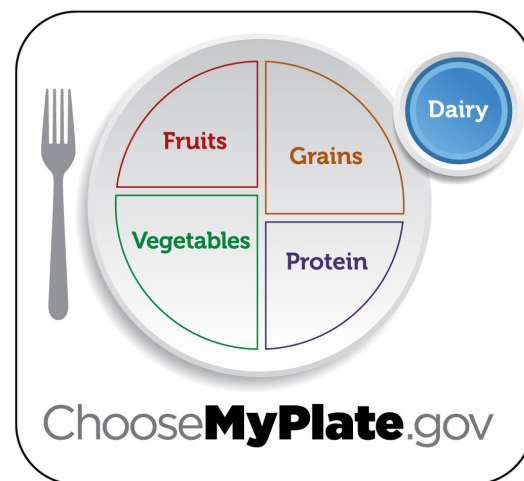
- Now click on "Tips for Making Wise Choices"
- Read through the list and write down five of your favorite ways to include healthy sources of protein each day.

1. _____
2. _____
3. _____
4. _____
5. _____

Do Your Dairy

Directions:

- Go to <http://www.choosemyplate.gov/>
- Click on the "MyPlate" tab
- Click on "Dairy"
- Click on "What Counts as a Cup?"
- This screen will show a list of dairy products and what size counts as a cup.
- Write down five dairy products below and the amount that counts as a cup.



1. _____
2. _____
3. _____
4. _____
5. _____

- Now click on "Tips for Making Wise Choices"
- Read through the list and write down five of your favorite ways to include more dairy each day.

1. _____
2. _____
3. _____
4. _____
5. _____



Physical Activity Fun!

Another key message to MyPlate is to be physically active. Now that you have created your own plate using your Daily Food Plan, let's take a look at why physical activity is important, how much we need and fun ways to be active each day!

Directions:

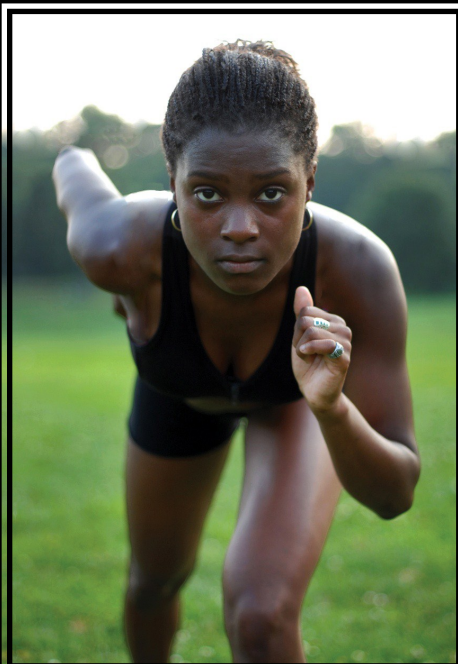
- Click on the "Physical Activity" tab
- Click on "How Much is Needed?"

According to my age, how often should I be physically active? _____

- Now click on "Why is it Important?"
- Write down five ways physical activity can improve your health below.



1. _____
2. _____
3. _____
4. _____
5. _____



- Now click on "Tips for Increasing Physical Activity"
- Read through the list and write down five of your favorite ways to include more physical activity each day.

1. _____
2. _____
3. _____
4. _____
5. _____